



‘WRAIR Forward’

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COMMANDER'S CORNER

The USAMRU-E is the only medical research unit forward-deployed with divisional forces and the only medical research unit that focuses on conducting soldier dimensions assessments. Our current research program investigates the effects of USAREUR's high operations and personnel tempo environment at all levels. Thus, we are studying soldiers and families, units, and senior leaders. And although we use different approaches at each level, our goal is the same: the development of performance models that predict how OPTEMPO affects health and wellbeing.

-MAJ Carl A. Castro

USAREUR OPTEMPO Study

Background: Since the end of the Cold War, the number of military operations conducted by USAREUR/7A increased sixfold, while personnel strength decreased 70%.

Study Objective. Determine the impact of the USAREUR's current high operations and personnel tempo on soldier and unit readiness.

Methods and Progress. We have identified 10 company-size units in USAREUR (combat, combat support and combat service units) that we will follow over a two-year period while they are in garrison, participating on deployments and in training exercises, carefully documenting their operations tempo (OPTEMPO) and personnel tempo (PERSTEMPO). In total, we will collect over 50 military outcomes at the soldier and unit level. We have completed two of eight scheduled data collections. Military deployments involving the study's units are being planned to Saudi Arabia in February and Kosovo in March. We are developing research models using regression and neural modeling techniques to determine the best predictors for the variables we are measuring, and that are affected the most by OPTEMPO and PERSTEMPO.

USAREUR Kosovo Soldier Study

The Kosovo mid-deployment survey went extremely well. CPT Bienvenu and MAJ Castro distributed and received back nearly 2,000 completed surveys from 1st Infantry Division (1ID) units deployed on Operation Joint Guardian "Task Force Falcon". 1ID units were assessed before and during the deployment. The mid-deployment phase was conducted with 1ID soldiers on-site in Kosovo and completed in October. The post-deployment phase is planned for February 2000. We briefed the TF Falcon

commander via VTC. Findings drawn from the technical brief summarizing the pre- and mid-deployment assessments:

- The deployment/training tempo of soldiers in Kosovo is 13 hours a day, seven days a week.
- Soldiers deployed to Kosovo are healthy and report fewer physical health symptoms than soldiers in garrison (Europe).
- Soldiers who did experience violent or traumatic events had higher rates of depression, slept less, and were under higher strain.

Bienvenu, R. V., Huffman, A. H., Adler, A. B., & Castro, C. A. (1999, November 7). **USAREUR Soldier Study II: Kosovo Mid-Deployment.** Technical Brief (VTC) presented to Task Force Falcon Commander BG Peterson, Kosovo.

Senior Leader Study

The Senior Leader Study is nearly 60% complete. At the request of the Commander, European Regional Command, the USAMRU-E is studying the workload of senior leaders in USAREUR. Senior leaders are interviewed, complete a survey, and wear two devices, one that determines sleep (actigraph monitor) and the other that determines caloric expenditure (boot strike monitor).

USAMRU-E to host International

Conference in Heidelberg



Heidelberg "Schloss" and "Alte Brücke" on the Neckar River

In September, our unit will host its 2nd international conference on human dimensions during military deployments. We

invite military scientists from all our NATO/PfP countries to come to Heidelberg and participate.

Title: The future of warfare: Sustaining military performance in an environment of high operations tempo.

Dates/location: 5-7 September 2000, Village Pavilion, Heidelberg, Germany.

Call for Papers: If you are interested in presenting a paper, please contact us at DSN: 371-2626 (CIV: 49-6221-172626) or FAX: 371-3170 (CIV: 49-6221-173170).

Gulf War Illnesses Research Program

As part of the Department of Army's Gulf War Illnesses Research Program, formerly referred to as the "Medical Surveillance" program, the USAMRU-E serves as the repository for the primary and secondary screens used to measure symptoms associated with traumatic stress, depression, and alcoholism. In October 1999, the psychological screening program for personnel redeploying from Bosnia came to a close. The USAMRU-E has begun processing the final surveys of soldiers redeploying from "Operation Joint Forge" (OJF). Analysis of the OJF data and comparisons with Operation Joint Endeavor (OJE) and Operation Joint Guard (OJG) data are forthcoming. The USAMRU-E has also processed surveys and interviews completed by 1AD Iron Soldiers returning from Task Force Hawk. Activities conducted this quarter:

- Completed data analysis of 1,078 Task Force Hawk post-deployment "Iron Soldier" surveys.
- Produced the "Iron Soldier" Brief, comparing the post-deployment psychological readiness of Iron Soldiers who deployed on Task Force Hawk to samples of Iron Soldiers who deployed to Bosnia.
- Processed 3,848 surveys completed by the 1CAV from OJF, and merged data into master data file.
- Updated database to include approximately 75,000 processed cases.
- Began work on the OJG (JAN 96–JUN 98) Codebook.

Staff presents at the EBACA

Ms. Huffman, Ms. Aaron, Ms. West, and Ms. Robertson presented their research at the European Branch – American Counseling Association (EBACA) conference.

Castro, C. A., Adler, A. B., & Huffman, A. H. (1999, November 11-12). The physical and mental health status of soldiers in garrison compared to military personnel in Bosnia. Presented by A. H. Huffman at the **European Branch-American Counseling Association**, Trier.

Aaron, T., West, P., & Robertson, S. (1999, November 11-12). A health promotion resource analysis for a military community in Europe. Presented at the **European Branch-American Counseling Association**, Trier.

“U.S. Peacekeepers in Bosnia” at IMTA

Dr. Adler presented the unit's findings on the psychological screening of U.S. peacekeepers in Bosnia at this year's International Military Testing Association conference.

Castro, C. A., Adler, A. B., & Huffman, A. H. (1999, November 9-11). Psychological screening of U.S. peacekeepers in Bosnia.

Presented by A. B. Adler at the **41st Annual Conference of the International Military Testing Association (IMTA) and NATO Officer Selection Workshop**, Monterey, CA.

NATO/PfP Cooperation and Exchanges

- COL (Dr.) Peter Wittels, Austrian Foreign Missions, has notified us that the Cooperation Study Protocol was accepted without objections. This study, to begin in the spring of 2000, brings together military researchers from Austria, Germany, France, and the U.S.
- Major Castro traveled to Prague at the invitation of COL Dr. Jaroslav Sykora and LtCol Klose of the Center of Social Advanced Studies of the Chief of General Staff of the Czech Army, 19-21 October.
- Major Castro and Ms. Golembe met with Dr. Puzicha and Mr. Aschenbrenner and their colleagues representing two organizations (Bundesministerium der Verteidigung, Referat PSZ III 4; Streitkräfteamt) of the German Federal Armed Forces Psychological Services in Bonn, 26 October.
- At the invitation of COL Doyne, U.S. liaison officer assigned to the German Armed Forces Medical Academy, Major Castro presented on deployment and operational stress issues.

Castro, C. A. (1999, December 7). Deployment (and Operational) Stress. Presented at the **German Federal Armed Forces Medical Academy**, Munich, Germany. (Technical brief translated by E. H. Golembe.)

Military Medicine Article on military mental health professionals

This recent publication by Dr. Adler and LTC Bartone investigates the responses of mental health professionals associated with the military from 23 different countries.

Adler, A. B., & Bartone, P. T. (1999, November). International survey of military mental health professionals. *Military Medicine*, 164(11), 788-792.

Hail & Farewell

- Carol Dolan, Ph.D., joined the staff as principal investigator on 1 November.
- Ms. Nicole Yep-Crawford and Ms. Sharon Swarner, research assistants, ended their positions on 9 November and 15 December, respectively. The staff wishes them well in their future endeavors.

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Commander, USAMRU-E
Editor

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